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Brent Smith gives the scoop on what to expect at Shinedown's 92Y event. 13



GETTY IMAGES

ARE YOU READY FOR SOME FOOTBALL?
2019 NFL season predictions, including champs and division winners. 18-19

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SCHOOL-ZONE SAFE

As New York City public schools reopen today, city officials are working to ensure traffic safety in school zones as part of Mayor de Blasio's Vision Zero initiative to create safer city streets. 4



ISTOCK



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THINGS TO KNOW

"One of the greatest national crises in our history," PM says; at last seven dead.

Survivors of Hurricane Dorian on Wednesday picked through the wreckage of homes ripped open by fierce winds, struggled to fuel generators and queued for food after one of the most powerful Caribbean storms on record devastated parts of the Bahamas.

The most damaging storm to strike the island nation, Dorian killed at least seven people, but the scope of the destruction and a humanitarian crisis was still coming into focus as aerial video of the Abaco Islands in the northern Bahamas showed wide devastation.

Dozens of people took to Facebook to search for missing loved ones, and aid agencies estimated that tens of thousands of people out of the Bahamas population of 400,000 would need food and other support.

"We are in the midst of one of the greatest national crises in our country's history," Bahamas Prime Minister Hubert Minnis told a news conference. "We can expect more deaths to be recorded. This is just preliminary information."

LaQuez Williams, pastor at Jubilee Cathedral in Grand Bahama,

Food scarce, rescue efforts underway in Bahamas following 2-day Dorian hit



Devastation after Hurricane Dorian hit Grand Bahama Island in the Bahamas, Sept. 4, 2019.



opened the church as a shelter for about 150 people. As the storm ground on, Williams said that from the higher ground of the church he could see people on their rooftops seeking refuge.

"They were calling for help, but you could not go out to reach," Williams said. "It was very difficult because you felt helpless."

Aerial video of Great

400K

Tens of thousands out of Bahamas' population of 400,000 need food, support.

Abaco Island showed miles of flooded neighborhoods littered with upturned boats and shipping containers scattered like toys. Many buildings had walls or roofs partly ripped off.

With many telephones down on Abaco and Grand Bahama islands, residents posted lists of missing loved ones on social media.

Residents of coastal Florida, Georgia and South Carolina were preparing for Dorian's approach on Wednesday, with the National Hurricane Center warning it could make landfall in South or North Carolina on Thursday. REUTERS



ALL IMAGES REUTERS

NYC sues T-Mobile over 'rampant' sales abuses

2 New York City sued T-Mobile USA Inc. on Wednesday, accusing the fourth-largest U.S. mobile phone company of engaging in "rampant" sales abuses of customers for its lower-priced, prepaid wireless brand, Metro by T-Mobile. In a complaint filed in the state supreme court in Manhattan, the city said it had identified more than 2,200 violations by T-Mobile, whose "pervasive" illegal activity spanned 56 Metro stores in all

five boroughs, including authorized dealers and stores run by its MetroPCS NY unit. T-Mobile, a unit of Deutsche Telekom AG, declined immediate comment. The lawsuit was filed as T-Mobile tries to win necessary approvals to merge with Sprint Corp., the No. 3 U.S. mobile phone company. Sixteen U.S. states and D.C. have sued to block the merger, which they say will boost costs for consumers by reducing competition. REUTERS

Bettman, 4 others, named to US Hockey Hall of Fame

3 NHL Commissioner Gary Bettman, Tim Thomas, Brian Gionta, Neal Henderson and Krissy Wendell comprise the 2019 class of the U.S. Hockey Hall of Fame, USA Hockey announced on Wednesday. The quintet will be honored at the 2019 U.S. Hockey Hall of Fame induction celebration on Dec. 12 in Washington. "It's truly a remarkable class," said Jim Smith, president of USA Hockey. "Each of the five inductees have their

own unique and immeasurable contribution to our great game. They're extremely deserving of the highest hockey honor in our country and we look forward to formally enshrining them into the Hall in December." Bettman became the NHL's first commissioner on Feb. 1, 1993. The league has expanded from 24 to 32 teams under his watch with attendance growing by an average of 7 million fans per season.

FIELD LEVEL MEDIA

Automakers to install alerts to avoid hot car deaths in US

4 Major automakers said on Wednesday they have agreed to equip nearly all U.S. vehicles with systems to remind motorists of passengers in the back seat, by model year 2025, in an effort to avoid deaths of young children left behind in hot cars. The announcement on so-called rear seat reminder systems comes as the U.S. Congress has been debating making it a requirement for new cars. Lawmakers say more than 800 children in

parked vehicles have died from heatstroke in the United States over the last two decades. U.S. regulators say 53 died last year, the most in two decades. The 20 automakers taking part represent nearly 98 percent of all U.S. vehicle sales and committed to include audible and visual alerts on vehicles by the 2025 model year, or a year later if a redesign is involved. The automakers include General Motors, Ford, Volkswagen, Toyota, Hyundai and Honda. REUTERS

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NEWS



An NYPD officer directing traffic.

GETTY

NYPD expands enforcement around schools

Here's what Vision Zero is doing to help make this school year safe.



BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

As New York City schools welcome back students, city officials are working to ensure traffic safety in school zones.

Mayor Bill de Blasio on Wednesday announced that NYPD will expand traffic enforcement in school zones, as part of the city's Vision Zero initiative.

"With schools reopening, we're doubling down on our effort to protect the most vulnerable among us: our kids," de Blasio said. "With more officers patrolling around schools and hundreds of new speed cameras coming online in the months ahead, reckless drivers will hear one thing loud and clear: slow down or pay the price."

This month, additional officers will be deployed to enforce speeding violations, failure to yield to pedestrians, illegal cell-phone use, and more. Highway officers will conduct enforcement of speed violations.

Intersections and corridors with a lot of pedestrian or cyclist injuries will also be a focus for officials.

Officials will also be posting on message boards at strategic locations, to remind drivers to follow the traffic laws.

NYPD will focus on traffic enforcement in areas with children fre-

quently traveling to and from school. Officers will focus on areas without speed cameras. Although some areas do not have speed cameras, the Department of Transportation promises to add 40 per month through 2019; by 2020, they are seeking to add 60 per month, bringing the total to the law's maximum.

The city's speed camera law took effect in July 2019 and has resulted in over 198,000 violations. Additionally, the number of speed cameras increased from 240 to 360 cameras.

Besides focusing on speed cameras and cars, motorcycle safety will also be prioritized. Another focus with this initiative is citywide enforcement against DWI offenses.

"With schools reopening, we're doubling down on our effort to protect the most vulnerable among us: our kids."

Mayor de Blasio

Thomas Chan, the NYPD's chief of transportation reiterated de Blasio's message, warning reckless drivers that cops will take the steps necessary to protect students as they return to school, "and to ensure that drivers understand that driving dangerously has serious consequences."



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REUTERS

Google's YouTube to pay \$170 million penalty for collecting data on children

Service used cookies without consent.

Google, which is owned by Alphabet Inc., and its YouTube video service will pay \$170 million to settle allegations that it broke federal law by collecting personal information about children, the Federal Trade Commission said on Wednesday.

YouTube had been accused of tracking viewers of children's channels using cookies without parental consent and using those cookies to target millions of dollars in advertisements to those viewers.

The settlement with the FTC and the New York attorney general's office, which will receive \$34 million, is the largest since a law banning collecting information about children under age 13 came into effect in 1998. The law was revised in 2013 to include "cookies," used to track a person's internet viewing habits.

It is also small compared with the company's revenues. Alphabet, which generates about 85 percent of its revenue from sales of ad space and ad technology, in July reported total second-quarter revenue of \$38.9 billion.

YouTube said in a statement on Wednesday that in four months it would begin treating

all data collected from people watching children's content as if it came from a child. "This means that we will limit data collection and use on videos made for kids only to what is needed to support the operation of the service," YouTube said on its blog.

In addition to the monetary fine, the proposed settlement requires the company to create a system for identifying content aimed at children and to notify channel owners about their obligations to get consent from parents before collecting information on children.

"Google and YouTube knowingly and illegally monitored, tracked, and served targeted ads to young children just to keep advertising dollars rolling in."

NY AG Letitia James

FTC Chairman Joe Simons noted at a news conference Wednesday what he said were impor-

tant changes to YouTube business practices. "No other company in America is subject to these types of requirements and they will impose significant costs on YouTube," he told reporters.

FTC's Bureau of Consumer Protection Director Andrew Smith told reporters that the \$170 million settlement was based on revenues from data collected, times a multiplier.

Once the settlement takes effect, the FTC plans to "conduct a sweep of the YouTube platform to determine whether there remains child-directed content" in which personal information is being collected, wmpny and YouTube.

In its complaint, the government said that YouTube touted its popularity with children in marketing itself to companies like Mattel and Hasbro. It told Mattel that "YouTube is today's leader in reaching children age 6-11 against top TV channels," according to the complaint.

New York Attorney General Letitia James said the companies "abused their power."

"Google and YouTube knowingly and illegally monitored, tracked, and served targeted ads to young children just to keep advertising dollars rolling in," said James.

REUTERS

Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, **NYC Pain MD** has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

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The Treatment Formula

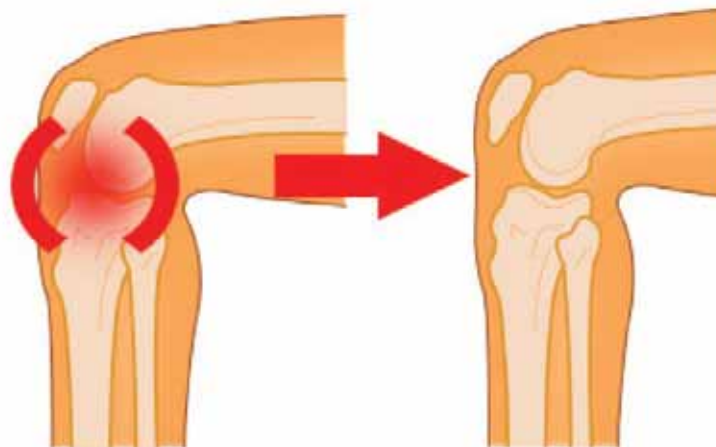
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, **NYC Pain MD** has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that **NYC Pain MD** offers.

If you do not, **NYC Pain MD** will tell you what they think your best options are and help



NYC Pain MD “Treatment Formula” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, **NYC Pain MD** offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, **NYC Pain MD** feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At **NYC Pain MD** your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed **NYC Pain MD** to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... **NYC Pain MD** would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

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Divers recover bodies of all but one of 34 victims of California boat blaze

Federal officials promised an exhaustive investigation.

Divers have recovered the bodies of all but one of the 34 people who were killed when the dive boat they were sleeping in erupted into flames early this week off Santa Cruz Island, California, officials said on Wednesday.

Details of the victims, who ranged in age from 17 to 60, emerged while authorities worked to identify the remains of the 33 people recovered so far, using a DNA analysis tool that is primarily employed in war zones to generate results quickly.

A family of five, a teacher and his daughter, and a diving instructor and marine biologist were among those believed to have perished in the incident, according to

social media posts.

The charred wreckage of the Conception now rests 60 feet below the surface. Divers were still searching for the remains of one person, said Amber Anderson of the Santa Barbara County Sheriff's Office.

None of the victims has yet been officially identified.

The boat's captain and four crew members were above deck when the blaze broke out early on Monday and escaped in an inflatable boat. A crew member who was killed was apparently sleeping below deck with the passengers at the time.

Federal safety officials promised an exhaustive investigation of the fire on Tuesday.

National Transportation Safety Board member Jennifer Homendy said 16 investigators were

already assigned to the probe, including specialists in operations, engineering, survival factors and fire analysis.

The investigators will collect all perishable evidence while on scene for at least a week, she said, but the Conception will remain on the ocean floor until a site survey is completed.

Among the other victims were Patricia Beitzinger and Neal Baltz, a couple from Arizona, who were passionate about diving and "died doing something that they loved together," Baltz's father John told local media.

Popi Heron, a 54-year-old finance professional from the San Francisco Bay area, had met them earlier this summer during a dive-boat trip in the South Pacific and they had hit it off instantly, she



REUTERS

said in a phone interview.

"Even though I didn't know them very long, their humanity, their beauty as people, their passion as divers ... they're really just wonderful people and I am really going to miss them," she said.

The couple had invited Heron to join them on the Labor Day trip aboard the Conception, but she declined on concerns over the water being cold off California. REUTERS



Patricia Beitzinger and Neal Baltz are shown posing during a dive-boat trip in Palau in this June 2019 photo. POPI HERON/HANDOUT VIA REUTERS



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US judge wants quick review of sealed documents tied to Epstein

A New York federal judge said on Wednesday she would move quickly in deciding whether to unseal hundreds of court documents linked to financier Jeffrey Epstein, who died last month while awaiting trial on sex-trafficking charges.

The documents are part of a civil lawsuit filed by one of Epstein's alleged victims, Virginia Giuffre, against Epstein's former associate, Ghislaine Maxwell. Giuffre has said Epstein and Maxwell trafficked her for sex while she was a teenager.

Giuffre sued Maxwell in 2015 and accused the British socialite of defaming her by calling her a liar. Maxwell has denied the claims, and the case settled on undisclosed terms earlier this year.

More than 900 court filings in the case remained secret until early August, when a federal appeals court unsealed about 2,000 pages of documents. The court ordered



Attorney Sigrid McCawley, lawyer for Jeffrey Epstein's alleged victims. REUTERS

U.S. District Judge Loretta Preska to review each of the remaining documents to determine whether they should be unsealed.

At a hearing on Wednesday, Preska gave Giuffre, Maxwell and other interested parties two weeks to divide the documents into three categories. Preska said one category of documents — those that could have been used by a judge to decide core issues in the case — are most likely to be unsealed.

The parties will then have a chance to

make arguments about what should be public and what should remain secret.

Jeffrey Pagliuca, Maxwell's lawyer, said at the hearing that the documents contained "hundreds" of names of people who would need to be notified and given a chance to object before they were made public.

On Tuesday, lawyers for an anonymous man urged Preska in a letter to keep the names of people who were not parties to the lawsuit secret.

Epstein was arrested on July 6 and pleaded not guilty to sex-trafficking charges. Prosecutors said he recruited numerous underage girls to give him massages and then sexually abused them.

The wealthy 66-year-old money manager was found dead on Aug. 10 in his cell at the Metropolitan Correctional Center in Lower Manhattan. An autopsy concluded that he hanged himself. REUTERS

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Hong Kong leader pulls extradition bill after months of protests

But withdrawal of bill only one of five demands by protesters.

Hong Kong leader Carrie Lam on Wednesday withdrew an extradition bill that triggered months of often violent protests so the Chinese-ruled city can move forward from a "highly vulnerable and dangerous" place and find solutions.

Her televised announcement came after Reuters reports on Friday and Monday revealing Beijing thwarted an earlier proposal from Lam to withdraw the bill and she had said privately that she would resign if she could.

"Lingering violence is damaging the very foundations of our society, especially the rule of law," a somber Lam said as she

sat wearing a navy blue jacket and pink shirt with her hands folded on a desk.

It was not clear when the recording was made. The withdrawal needs the approval of the Legislative Council, which is not expected to oppose Lam.

The bill would have



allowed extraditions to mainland China where courts are controlled by the Communist Party. Its withdrawal is a key demand of

protesters but just one of five. The move came after pitched battles across the former British colony of 7 million. More than 1,000 protesters were arrested.

Many are furious about perceived police brutality and the number of arrests and want an independent inquiry.

"The government will formally withdraw the bill in order to fully allay public concerns," Lam said.

"I pledge that the government will seriously follow up the recommendations of the IPCC (Independent Police Complaints Council) report. From this month, I and my principal officials will reach out to the community to start a direct dialogue. ... We must find ways to address the discontent in

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society and look for solutions."

The protests began in March but snowballed in June and have evolved into a push for greater democracy for the city which returned to China in 1997. It was not clear if killing the bill would help end the unrest. The immediate reaction appeared skeptical.

"FIVE DEMANDS, NOT ONE MISSING"

Some lawmakers said the move should have come earlier.

"The damage has been done. The scars and wounds are still bleeding," said pro-democracy legislator Claudia Mo. "She thinks she can use a garden hose to put out a hill fire. That's not going to be acceptable."

Many people on street corners after nightfall were shouting: "Five demands, not one missing."

"We still have four other demands. We hope people won't forget that," said a woman speaking for the protest movement who declined to identify herself except by the surname



Hong Kong's Chief Executive Carrie Lam holds a news conference in Hong Kong, China.

REUTERS IMAGES

Chan. "The mobilization power won't decrease."

Riot police fired beanbag guns and used pepper spray on Tuesday to clear demonstrators from outside the Mong Kok police station and in Prince Edward metro station.

The four other demands are: retraction of the word "riot" to describe rallies, release of all demonstrators, an

independent inquiry into perceived police brutality, and the right for Hong Kong people to choose their own leaders.

In the United States, Republican Sen. Marco Rubio, a persistent critic of what he sees as Beijing's attempts to undermine Hong Kong's autonomy, called Lam's move "welcome but insufficient."

REUTERS

Leg Pain & Cramps While Walking?

Pain while walking or jogging can be a sign of Peripheral Artery Disease (PAD), which if left untreated can cause severe pain, numbness, impotence, non-healing sores... even amputation.



- ✓ Leg pain while walking that stops after few minutes at rest
- ✓ Leg numbness or weakness
- ✓ Foot or toe wounds that won't heal
- ✓ Skin discoloration or shiny skin on the leg
- ✓ One leg or foot is colder than the other
- ✓ Hair loss on your legs and feet

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the Grumble

sudoku

EASY

	8		7					2
6			1	8			4	
1				4		8		7
	7	3	6				2	
4			3		7			9
	2				1	7	5	
2		8		3				4
	6			1	4			8
3					9		1	

HARD

8				9	6		4	
					7			9
	9		1	2		8		
		2	6					
	6	5				1	3	
					3	2		
		8		7	1		2	
6			8					
	4		2	6				5

wanderword

Category: Occupation

N	I	K	R
G	A	P	A
T	T	T	E
N	A	D	N

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

READER WRITE-INS:

VITO SPEAKS

Hey, "Larry." I happen to appreciate the poetic and lyrical pieces that have appeared under the Grumble. I don't recall any unicorns and rainbows, that's exaggerating and inaccurate. I do remember reading about the end of summer, Judy Garland, Woodstock, and other thoughtful pieces on life. I'd imagine most of them were sent in to the Humble.

I, personally, grow bored reading petty postings about dog droppings, subway irritants, slow street traffic, and half-full (or empty?) potato chip bags. I find many of the more poetic and lyrical postings celebrating people and events to be refreshing and much-needed in our toxic society. Life is short, Larry, in case you hadn't noticed. I'm quite fine with looking at the positives, whenever possible.

— Vito, Metro US reader



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Aries Look at all aspects of a situation before you get involved. You should focus on listening, learning and exploring the possibilities. Time is on your side, so slow down and think the matter through.



Taurus Look, see and do. Let your imagination take charge and your intelligence help you develop what you want to pursue. Success will follow if you take action and chase your dream.



Gemini Look for the good in everyone, but don't let someone who is a smooth talker take advantage of your kindness and generosity. If someone is manipulative, recognize what's happening and walk away.



Cancer Spending time with family and using your talents to reach your personal and professional goals should be your priorities. Don't wait for someone else to make the first move. Be proactive.



Leo Expand your interests, but don't get into something that is beyond your means. Know your limitations and boundaries before you proceed. Question someone's motives.



Virgo If you don't pay enough attention to what's going on behind the scenes at home or with your finances, you'll be forced to back-track. Take control.



Libra Don't let anyone limit what you can do. Look at the big picture and make adjustments that will encourage success. If you can make do with less, it's in your best interest.



Scorpio A change is heading your way. Get ready to take a chance, and try using your skills and experience to reach new levels. You can grow emotionally and spiritually.



Sagittarius Consider who you are dealing with before you enter into a competition or decide to form a partnership. A lack of honesty or integrity may disrupt your plans.



Capricorn It's up to you to make things happen. Don't sit around waiting for someone else to do things for you. If you take charge, you'll gain respect and the support you need.



Aquarius Consider what you have been doing and what you wish you were doing. Find the middle ground and inch your way toward your goal. Success takes time, so don't lose sight of your dream.



Pisces Be willing to give a little if you want to get something in return. There is money to be made if you invest in something that you have control over.

EUGENIA LAST

LIFESTYLE

Shinedown's lead singer Brent Smith gives the scoop on what to expect at their 92Y appearance.



MOLLY GIVEN
Molly.Given@metro.us

American rock band Shinedown has always been known as being a bit out-of-the-box — and that's just the way they like it. In fact, according to the band's lead singer Brent Smith, Shinedown isn't just a rock band, they're pioneers of producing out-of-the-norm music and ideas. Smith and a few other members of Shinedown will join comedian Chris Porter at 92Y's prestigious talk series next week to discuss the band's latest album "Attention Attention," dive into what human connection means to them and more. Smith sat down with Metro to give us the scoop on what to expect at the event on Sept. 12.

What inspired you to partake in this intimate event at 92Y?

I wasn't aware of what 92Y was, and after I was sent some information on it, I started to review it and I thought it was a really interesting event. This event is going to be different from some of the other events they have done because we are incorporating a performance in with it, but it's really about who we are, where we came from and where we're going. [We brought in] Chris Porter to interview us because we've known him for quite some time and he's a really brilliant comic— he has just a very interesting personality. With the album "Attention Attention" and what it represents, bringing someone of his stature in was because we wanted people to laugh. We wanted people to not take everything that we're talking about super seriously, because a lot of the subject matter that Shinedown as a band deals with is very heavy. This is going to be something

The art of conversation



Brent Smith. GETTY

interesting though. It's going to be fun for us and it's going to be fun for Chris. I think it's going to be cool for the audience, too, because they'll see a side of us that they don't normally see.

You'll be touching on the band's latest album during the event. What can you tell me about "Attention Attention"?

It's something that we've been talking about doing for years and we finally pulled the trigger on it. "Attention Attention" is a story, but it's not about one particular person it's about everybody. Eric Bass who's our bass player is the sole producer of the album. He's the main engineer and he mixed "Attention Attention." It was the first record that we did in-house as a band. I feel like what Eric did with this album is he pushed himself and pushed all of us to our highest level. This record is solely about the fact that we don't want people to be afraid of their failures in life. You're not going to be defined by your failures, you're going to be defined by the fact that you refused to give up.

Would you be open to doing more events like this in the future?

We're always open to do things that aren't the norm, and 92Y was something that I didn't even know about. When you research it, you realize, wow, this is really interesting.

Why do you like to do things that are out of the norm?

Because we don't want to copy ourselves after we've created something. I don't want to write the same songs over and over

again. That's one of the reasons why we're not afraid of doing things outside of the box. Because, to be honest with you, we're just not a band that can be put into a box. If you listen to all six Shinedown albums, they're all different from each other and we feel very blessed that our fan base allows us to do that.

What do you hope audiences take away from the event?

What I want them to take away is joy. I think that joy is something that is becoming a bit extinct in society — I'm not just talking about America, I'm talking about globally. I think that social media is a very powerful tool that can be used for a lot of great things. But we're not machines, we're human beings. We have emotions and we have feelings and we have a general connection with one another. The more that I watch the social aspect of the digital side of communication with social media, I watch the level of human interaction kind of die. It's sad and I don't want it to happen. I don't want people to lose their empathy for each other, and I don't want people to stop encouraging each other. I do not want people to lose the art of conversation. It's not specifically going to be all about that, but that's one of the things we want people to walk away with. We want people to see how human what we do is, and if they walked into this event feeling kind of down, hopefully, they leave floating.

To learn more about 92Y
(1395 Lexington Ave.),
visit 92y.org.

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Why do we eat so much at work?



ISTOCK

Metro investigates the phenomenon.

LUZ LANCHEROS,
MWN
letters@metro.us

This type of person is being made fun of in several movies. Remember American romantic comedy "Hitch," where he eats a hamburger right on the Met Gala stairs? But we are no different from that guy, who already has a space on the desk for everything to be ea-

ten. And not only kale, quinoa and a skinless chicken. We're talking about chips, cakes and other junk foods. And at lunchtime, if there is no time, hamburger is the best choice. Because who really would think that a salad could help? Fast food makes us feel full and good, right?

In fact, a report by food scientist Steven Witherly titled "Why do humans love junk food?" states that it has a perfect combination of flavors and substances

that make it more palatable. Companies pay millions for this perfect mix. Apart from the visual appeal and the texture of the product, it makes people salivate (and stimulate the brain, which loves the variety of flavors to receive the feeling pleasure), and stimulate addiction. These foods also have such a high caloric content that they make you feel full and compensate for your serotonin levels. Everything is fine, until those properties — that

are not worth anything — fade. You are still at the same pace and need to eat more.

The nutritionist and dietitian Sandra Rodriguez explained to Metro that, "We eat so much at work because of the anxiety and stress. We need to find a way to calm this state. This is achieved by increasing dopamine and serotonin, neurotransmitters (responsible for transmitting information in the nervous system) that fulfil various functions



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in the body, such as sleep regulation, appetite, mood. The levels of these neurotransmitters can be increased in different ways, with food consumption being the easiest way to achieve the goal. Plasma serotonin is increased when we eat simple carbohydrates such as chocolates, cookies, sweets, snacks, which increase blood sugar and generate a momentary effect of well-being and relaxation. In addition to the intake of sweet products, foods higher in fat will also be preferred, as these improve the taste, smell and texture of food."

She added: "On the other hand, dopamine receptors are all over the brain, which is the key in the reward system that makes us feel the sensation of pleasure. By eating foods high in fats and sugars, dopamine levels increase, just like when we consume alcohol, tobacco, drugs, or when we exercise or have sex. The consumption of processed foods will release the amount of dopamine in relation

to the pleasure generated by the intake of this, which will give us motivation to ingest this food again, increasing the frequency of intake which will produce a greater tolerance to sugar and cravings. This can lead to weight gain and dependence on this type of food."

What causes you to eat in front of the computer?

Of course, it all depends on your history and nutritional habits. And some jobs are so demanding that there is only one way to deal with the stress added to the lack of well-being culture. This makes you eat and work at the same time, and it could be quite harmful. In fact, a 2013 report by the American Journal of Clinical Nutrition, made by a team from the University of Birmingham, showed that between two groups, those who ate while watching television consumed more, because they were not aware of what they were eating and did not pay attention to the brain

signals that indicated that the body no longer needed food.

What to do?

"There has to be a comprehensive plan. Adjust your times and routines, make small changes in your lifestyle and daily habits to help your body and system to be healthy. Sometimes it could cost us work, because we usually prefer food with sugars and fats as a response to the stress and anxiety that the body requires at the moment and is reflected in our entire body," Norma Alaniz, nutritionist at Pond's, told to Metro.

"That's why you have to gradually include nutritious foods, even if it's very difficult. A healthy meal in adequate portions might even be more appropriate than a hamburger or a soda. Remember that these bad eating habits make our cells age faster. If you eat well and healthy, the essential vitamins such as A and C and beta carotene, are stronger and reinforce this process of skin proteins," Alaniz concluded.

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@ 6:30pm

Jacobs Theatre-NY, 242 W 45th St, New York

Sea Wall / A Life

@ 7pm

Hudson Theatre -NY, 145 W. 44th Street, New York

NEWVELLE LIVE: NOAH PREMINGER'S "PREMINGER PLAYS PREMINGER"

@ 7:30pm / \$30
Jazz Standard, 116 East 27th St., New York

Smilen Feat. Special Guests from The Main Squeeze, Petite Celine, Amira B

@ 8pm / \$12
Knitting Factory, 361 Metropolitan Avenue, Brooklyn

Featured



Los Cafres y Tijuana No
@ 9pm / \$45-\$65
Stage 48, 605 W 48th St, New York

Best of the Broadway Comedy Club
@ 9pm
Broadway Comedy Club, 318 W. 53rd St, New York City

Sense

@ 9:30pm
Mercury Lounge, 217 East Houston St., New York

All Star Stand Up Comedy

@ 11pm
Broadway Comedy Club, 318 W 53rd St, New York

Fri 9/06

Editor's Pick

Yoga: Classic Flow
@ 7:30am / Free
NYRR RUNCENTER featuring the NB Run Hub, 320 West 57th Street, New York

NYC Running Group For Beginners Free

@ 7:30am / Free
20th Street, Avenue C FDR Drive NYC NY, 20th Street, Ave C NYC FDR Drive East River

Runstreet Dumbo Running Tour

@ 8am / \$50
Borough Hall, 209 Joralemon Street, Brooklyn

1-1 Back to Schol Tutoring 1 Hour Tutoring

@ 8am / \$40
Brooklyn Public Library - Maccon Branch, 361 Lewis Avenue, Brooklyn

19-20 School Year Professional Learning Kick Off (Manhattan and Brooklyn)

@ 8am / Free
Fordham University Lincoln Center, 113 West 60th Street, Pope Auditorium, New York

What You Need to Know About Selling Your Business

@ 8:30am / Free
Devocion, 25 East 20th Street, New York

Featured



INTROVERSION Group Strength Training
@ 9:15am / \$25
Human@Ease Fitness & Wellness Center, 31 Nassau Avenue, Brooklyn

NYC - MILK (4 Students)

@ 9:30am / Free
Stumptown NYC Training Lab, 30 W 8th St, New York

Introduction to Canvas (Faculty)

@ 10am / Free
263 Academy Street, Room S 617, Jersey city, NJ 07306

Featured



"Ocean Cube": Immersive Pop-up Exhibit
@ 10am / \$10.50-\$18
Ocean Cube, 60 Grand Street, New York

Starting a Business at 50+

@ 10am / Free
NACC Conference Room, 26 Court Street, Suite 701, Brooklyn

Sun 9/08

Editor's Pick

US Open Live Finals Viewing

@ 4pm
US Open Live Finals Viewing Big Screen Plaza, 851 6th Avenue, New York. 1-855-7866

Youth in a Roman Field
@ 5:30pm
Mercury Lounge-NY, 217 East Houston St., New York

All Star Stand Up Comedy

@ 7pm
Broadway Comedy Club, 318 W. 53rd St, New York City

Two Degrees with Claragh

@ 8pm
Mercury Lounge, 217 East Houston St., New York

Banks

@ 8pm
Brooklyn Steel, 319 Frost St, Brooklyn

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S.O.B.'s, 204 Varick St., New York

NEWVELLE LIVE: GREGORY TARDY WITH BILL FRISSELL

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Jazz Standard, 116 East 27th St., New York

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@ 11pm
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Mon 9/09

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Blue Midtown, 220 West 44th Street, New York

Editor's Pick

The Halloween Masquerade Ball - a Sexy Venetian Carnival Affair @ Stag
@ 6pm
Stage 48, 605 W 48th St, New York

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@ 6pm
The New York Public Library for the Performing Arts, The Bruno Walter Auditorium, 111 Amsterdam Avenue, New York

Featured



The Democratic Field 2
@ 6:30pm / Free
Centre for Social Innovation, 601 West 26th Street, #325, New York

Featured



Moha, Simon Kouka
@ 6:30pm / \$10-\$15
Mercury Lounge, 217 E. Houston St, New York

Editor's Pick

Moha
@ 6:30pm
Mercury Lounge, 217 East Houston St., New York

Featured



Closet Cases - September

@ 7pm / \$8
The Stonewall Inn, 53 Christopher Street, New York

Featured



"Jersey Boys"

@ 7pm / \$49-\$79
New World Stages -- Stage 1, 340 West 50th Street, New York

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The Green Room 42, 570 10th Avenue, New York

BackRoom Comedy: LIVE!!! New York Comedy Club - 9/9/19

@ 7pm / \$14.99-\$24
New York Comedy Club, 241 E.24th Street, New York

Wed 9/11

Featured



Digital Marketing World Forum - North America 2019

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SPORTS



JOE PANTORNO
joseph.pantorno@metro.us

Metro prediction Lombardi Trophy

America's most popular sport is back as the NFL's 100th season. Before we get into our full Eagles tomorrow, Metro predicts:

NFC EAST

- EAGLES.....11-5
- COWBOYS..10-6
- GIANTS.....5-11
- REDSKINS..4-12

PLAYER TO WATCH

CARSON WENTZ
QB, EAGLES



The Cowboys are going to be a scary team, especially now that Ezekiel Elliott's holdout is over and he's ready to join the team Week 1. But this will be the year Carson Wentz stays healthy and puts on a full, MVP-like performance to carry the Eagles to a division title.

NFC NORTH

- PACKERS..12-4
- BEARS.....11-5
- VIKINGS..9-7
- LIONS.....6-10

PLAYER TO WATCH

AARON RODGERS
QB, PACKERS



This is going to be a three-horse race for much of the season. High-flying offenses in Green Bay and Minnesota will be stalked by a strong defense in Chicago. The x-factor will be the Aaron Rodgers-to-Davante Adams connection that will see the Packers return to the top of the NFC North.

AFC EAST

- PATRIOTS..12-4
- JETS.....8-8
- BILLS.....4-12
- DOLPHINS..2-14

PLAYER TO WATCH

LE'VEON BELL
RB, JETS



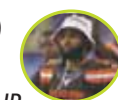
The end is near for the Patriots, just not yet. Tom Brady and Co. will be one of the top teams in the AFC once again and should dominate the East for at least another season. Watch out for the Jets, however, as the reloading team will look dangerous.

AFC NORTH

- BROWNS...11-5
- STEELERS...10-6
- RAVENS.....7-9
- BENGALS....5-11

PLAYER TO WATCH

ODELL BECKHAM JR.
WR, BROWNS



All eyes are going to be on the brash Browns this year. Expect them to deliver. Baker Mayfield has monster targets in Odell Beckham Jr. and Jarvis Landry on offense. On defense, Myles Garrett could be a Player of the Year candidate.

NFC WILD CARD ROUND

EAGLES def. BEARS
PACKERS def. COWBOYS

NFC DIVISIONAL ROUND

SAINTS def. EAGLES
PACKERS def. RAMS

NFC CHAMPIONSHIP GAME

SAINTS def. PACKERS

AFC WILD CARD ROUND

CHARGERS def. COLTS
BROWNS def. STEELERS

AFC DIVISIONAL ROUND

CHIEFS def. CHARGERS
BROWNS def. PATRIOTS

AFC CHAMPIONSHIP GAME

CHIEFS def. BROWNS

ions: Saints bring phy back to Big Easy

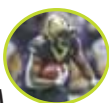
on kicks off tonight at Soldier Field in Chicago as the Bears host the Green Bay Packers.
s how the 2019 campaign will play out.

NFC SOUTH

-  SAINTS.....13-3
-  FALCONS...9-7
-  PANTHERS.7-9
-  BUCS.....4-12

PLAYER TO WATCH

ALVIN KAMARA
RB, SAINTS



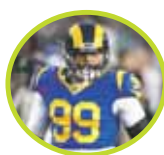
New Orleans is loaded and fueled by last year's controversial postseason loss to the Los Angeles Rams. Drew Brees will thrive in an overwhelming offense supported by Alvin Kamara and Michael Thomas while the defense could be a top 10 unit in the NFL.

NFC WEST

-  RAMS.....12-4
-  SEAHAWKS..9-7
-  49ERS.....7-9
-  CARDINALS.3-13

PLAYER TO WATCH

AARON DONALD
DT, RAMS



Jared Goff will continue his development as a top-tier quarterback in the NFL, Todd Gurley will be one of the league's leading rushers, and Aaron Donald will win another Defensive Player of the Year award. If not for the Saints and Packers, they would be going back to the Super Bowl.

AFC SOUTH

-  COLTS.....10-6
-  TEXANS...9-7
-  TITANS....7-9
-  JAGUARS.5-11

PLAYER TO WATCH

DEANDRE HOPKINS
WR, TEXANS



Andrew Luck's retirement certainly threw a wrench in the Colts' plans this year. Alongside a strong defense, QB Jacoby Brissett should be a competent game manager while the likes of Marlon Mack and T.Y. Hilton make the big-time plays in Indy.

AFC WEST

-  CHIEFS.....14-2
-  CHARGERS.11-5
-  RAIDERS....5-11
-  BRONCOS...4-12

PLAYER TO WATCH

PATRICK MAHOMES
QB, CHIEFS



Even though their defense hasn't been improved much, the Chiefs are still one of the scariest teams in the NFL. Patrick Mahomes will build off his stellar rookie campaign and should once again be an MVP candidate. Expect huge numbers from him.

SUPER BOWL LIV

SAINTS 33

CHIEFS 31



2019 NFL AWARDS PREDICTIONS

MVP

DREW BRES(No)

OFFENSIVE POY

PATRICK MAHOMES (KC)

DEFENSIVE POY

AARON DONALD (LAR)

OFFENSIVE ROY

KYLER MURRAY (ARI)

DEFENSIVE ROY

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COACH OF YEAR

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SPORTS

METRO.US
THURSDAY, SEPTEMBER 5, 2019

Zeke will be back vs. Giants

The Cowboys and their star RB agreed to a monster extension Wednesday.

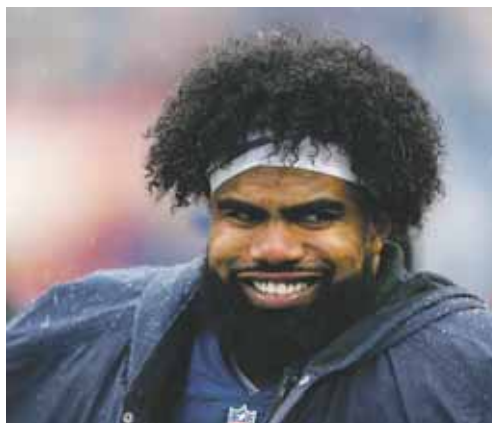


JOE PANTORNO
joseph.pantorno@metro.us

If there was any hope that the New York Giants would open the 2019 NFL season against an Ezekiel Elliott-less Dallas Cowboys, it all evaporated on Wednesday.

The Cowboys and their star running back agreed on a six-year, \$90 million contract extension on Wednesday morning. The new deal is the richest for a running back in NFL history while ensuring Elliott will be available for the Cowboys on Sunday.

Now in his fourth season, Elliott has developed into one of the best backs in the league. He's led the NFL in rushing yards in two of his first three seasons as a pro.



Ezekiel Elliott inked a six-year, \$90 million extension on Wednesday morning.
GETTY IMAGES

But the need for a long-term contract saw the 24-year-old hold out from team activities throughout the offseason, casting doubt on whether or not he'd ever return to the Cowboys.

It didn't help that team owner Jerry Jones was cracking jokes to the media during such tense times.

"Zeke who?" Jones

jokingly asked last month when approached about Elliott's absence.

Losing Elliott would have thrown a major roadblock in front of the Cowboys' hopes of competing for an NFC East title this year. Young quarterback Dak Prescott has yet to prove that he can carry the team on his own without the support of the All-Pro rusher.

In a division that is expected to be a two-horse race between them and the Philadelphia Eagles, securing Elliott means it's full speed ahead for the Cowboys.

For the Giants, they'll get no reprieve this Sunday as they enter Week 1 as underdogs.

They've handled Elliott well enough in the past. In four games against the Ohio State product, the Giants have held Elliott to just two touchdowns and an average of 85 yards per game.

That trend might come to an end, though. Analytics site Pro Football Focus has ranked the Giants run defense as the 21st-rated unit in the NFL for the upcoming season.

This will be the fourth time in five years that the Giants will open the regular season in Dallas against the Cowboys. The only time it didn't happen during that stretch, in 2018, they headed to Dallas in Week 2.

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LEGAL NOTICES

TENDER NOTICE

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The Consulate General of Pakistan, New York, invites sealed proposals from reputable Companies for the following work to be done at 200 East End Ave, New York NY 10128. Renovation of three bathrooms Interested companies may submit their proposals directly or through authorized agents to the address below by September 13, 2019 (11:00 AM). Proposals will be opened the same day at 2:30 PM in the presence of bidders or their representatives. As per Pakistan Public Procurement Regulatory Authority (PPRA) Rule 33 (1), the Consulate General reserves the right to reject any or all proposals at any time prior to its acceptance.

For information, please contact:

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SUPREME COURT - COUNTY OF QUEENS
THE BOARD OF MANAGERS OF PATCHOGUE HOMES CORP. CONDOMINIUM #1, Plaintiff
-against- ALVARO MENDEZ, et al Defendant(s). Pursuant to a Judgment of Foreclosure and Sale dated November 28, 2018 and entered on December 21, 2018, I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Blvd., in Courtroom # 25, Jamaica, NY on September 13, 2019 at 10:00 a.m. premise situate, lying and being in the Borough and County of Queens, City and State of New York, know and designated as Unit 4-H in the condominium known as "Patchogue Homes Corp. Condominium #1", together with a .7337 percent undivided interest in the common elements. Section: 50 Block: 11417 Lot: 1408 Said premises known as 85-09 151ST AVENUE, UNIT 4H, HOWARD BEACH, NY Approximate Amount of lien \$29,857.00 plus interest & costs. Premise will be sold subject to provisions of filed Judgment and Terms of Sale. Index Number 703092/2016 John DALLI, ESQ., Referee Novitt, Sahr & Snow, LLP Attorney(s) for Plaintiff 118-35 Queens Blvd, Ste. 1515, Forest Hills, NY 11375.

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS
NATIONSTAR MORTGAGE LLC, Plaintiff AGAINST
GUANASE RADHA, SHAMIN A. KHAN, et al., Defendant(s)
 Pursuant to a Judgment of Foreclosure and Sale duly dated June 25, 2019 I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse in Courtroom, 88-11 Sutphin Boulevard, Jamaica, NY, on September 13, 2019 at 10:00AM, premises known as 91-10 211TH PLACE, QUEENS VILLAGE, NY 11428. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of New York, BLOCK 10565, LOT 22. Approximate amount of judgment \$449,888.85 plus interest and costs. Premises will be sold subject to provisions of filed Judgment for Index # 705887/2014. DOMINIC A. VILLONI, ESQ., Referee Gross Polowy, LLC Attorney for Plaintiff 1775 Wehrle Drive, Suite 100 Williamsville, NY 14221 64536

NOTICE OF SALE
SUPREME COURT - COUNTY OF QUEENS
U.S. BANK, N.A., SUCCESSOR TRUSTEE TO LASALLE BANK NATIONAL ASSOCIATION, ON BEHALF OF THE HOLDERS OF BEAR STEARNS ASSET BACKED SECURITIES I TRUST 2005-FR1, ASSET-BACKED CERTIFICATES SERIES 2005-FR1, Plaintiff,
AGAINST NANETTE LASTORINO, et al. Defendant(s) Pursuant to a judgment of foreclosure and sale duly entered on May 14, 2018, I, the undersigned Referee, will sell at public auction at the Queens County Supreme Court, Courtroom 25, 88-11 Sutphin Blvd, Jamaica, NY on September 20, 2019 at 10:00 AM premises known as 80-16 159 Ave AKA 80 16 159 Ave, Howard Beach, NY 11414. All that certain plot piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York. Block 14001 and Lot 7. Approximate amount of judgment \$703,930.61 plus interest and costs. Premises will be sold subject to provisions of filed Judgment. Index #703103/2015. Peter M. Wolf, Esq., Referee, Aldridge Pite, LLP - Attorneys for Plaintiff - 40 Marcus Drive, Suite 200, Melville, NY 11747.

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS HSBC BANK USA, NATIONAL ASSOCIATION AS TRUSTEE FOR WELLS FARGO ASSET SECURITIES CORPORATION, MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2006-AR19, Plaintiff AGAINST
NORMA LOPEZ, et al., Defendant(s)
 Pursuant to a Judgment of Foreclosure and Sale duly dated July 10, 2017 I, the undersigned Referee will sell at public auction at the Queens County Courthouse in Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, New York, on October 04, 2019 at 10:00AM, premises known as 95-26 107TH STREET, OZONE PARK, NY 11416. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of New York, BLOCK 9390, LOT 15. Approximate amount of judgment \$709,583.95 plus interest and costs. Premises will be sold subject to provisions of filed Judgment for Index# 9552/11. ALLEN R. BEERMAN, ESQ., Referee Gross Polowy, LLC Attorney for Plaintiff 1775 Wehrle Drive, Suite 100 Williamsville, NY 14221 65091

LEGAL NOTICES

SUPREME COURT - COUNTY OF QUEENS
CITIMORTGAGE, INC., Plaintiff
-against- TERRY HANDY, JOAN MOORE A/K/A JOAN P. MOORE, et al Defendant(s). Pursuant to a Judgment of Foreclosure and Sale entered herein and dated February 16, 2018, I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Blvd., in Courtroom # 25, Jamaica, NY on October 4, 2019 at 10:00 a.m. premises situate, lying and being in the Borough and County of Queens, at Laurelton, City and State of New York, more particularly bounded and described as follows: BEGINNING at a point on the Easterly side of 228th Street, distant 753 feet Southerly from the corner formed by the intersection of the Southerly side of 131st Avenue, also known as 131st Road with the easterly side of 228th Street; being a plot 100 feet by 40 feet by 100 feet by 40 feet. Block 12938 Lot 113. Said premises known as 131 - 77 228TH STREET, LAURELTON, NY Approximate amount of lien \$698,531.06 plus interest & amp; costs. Premises will be sold subject to provisions of filed Judgment and Terms of Sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagee or the Mortgagee's attorney. Index Number 28047/2009. HEIDI HEULE, ESQ., Referee David A. Gallo & amp; Associates LLP Attorney(s) for Plaintiff 99 Powerhouse Road, First Floor, Roslyn Heights, NY 11577 File# 7982.42

NOTICE OF FORMATION
 of Brandonne 1 LLC Articles of Org. filed with the Secy. of State of New York (SSNY) on 05/03/2019. Office location: New York County. SSNY is designated as agent of LLC upon whom Process against it may be served. SSNY shall mail process to the LLC c/o 107-23 Liberty Ave., Richmond Hill, NY 11417. Purpose: Any lawful activity.

NOTICE OF FORMATION
 of Queen of Enterprise Services, LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 06/04/2019. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 30 East 125th Street, Suite # 199, New York, NY 10035. Purpose: Real Estate Management Services.

NOTICE OF FORMATION
 of Brandonne 2 LLC Articles of Org. filed with the Secy. of State of New York (SSNY) on 05/03/2019. Office location: New York County. SSNY is designated as agent of LLC upon whom Process against it may be served. SSNY shall mail process to the LLC c/o 107-25 Liberty Ave., Richmond Hill, NY 11417. Purpose: Any lawful activity.

ENTERTAINMENT



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LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT
QUEENS COUNTY
WILMINGTON SAVINGS FUND SOCIETY, FSB, DOING BUSINESS AS CHRISTIANA TRUST, NOT IN ITS INDIVIDUAL CAPACITY, BUT SOLELY AS TRUSTEE FOR BCAT 2015-13BTT, Plaintiff against INHO CHOI, et al Defendants Attorney for Plaintiff(s)
Knuckles, Komosinski & Manfro, LLP, 565 Taxter Road, Suite 590, Elmsford, NY 10523 Attorney (s) for Plaintiff (s).
 Pursuant to a Judgment of Foreclosure and Sale entered October 15, 2018, I will sell at public auction to the highest bidder at the Queens County Supreme Court, Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, NY 11435 on September 27, 2019 at 10:00 AM. Premises known as 80-20 Park Lane South, Woodhaven, New York. Block 08851 Lot 115. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York. Approximate Amount of Judgment is \$285,464.30 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index No 703025/2015. Cash will not be accepted at the sale. Gerald Chiarillo II, Esq., Referee 2296-000679

LEGAL NOTICES

NOTICE OF SALE
IN FORECLOSURE
STATE OF NEW YORK
SUPREME COURT:
COUNTY OF QUEENS
WELLS FARGO BANK, NA Plaintiff, vs. ROBERTO SOLIS, LIND SOLIS, et al., Defendants
PLEASE TAKE NOTICE THAT
 In pursuance of a Judgment of Foreclosure and Sale entered in the office of the County Clerk of Queens County on February 21, 2017, I, Heidi Henle, Esq., the Referee named appointed by Substitute Referee Order filed on June 10, 2019, will sell in one parcel at public auction on September 27, 2019 at the Queens County Supreme Court located at 88-11 Sutphin Boulevard, Jamaica, New York, 11435, in Courtroom #25, County of Queens, State of New York, at 10:00 A.M., the premises described as follows: 217-10 110th Road Queens Village, NY 11429 SBL No.: 11145-21 ALL THAT TRACT OR PARCEL OF LAND situate at Bellaire in the Fourth Ward of the Borough and County of Queens, City and State of New York The premises are sold subject to the provisions of the filed judgment Index No. 706886/2015 in the amount of \$419,533.35 plus interest and costs. Todd Z. Marks, Esq. Woods Oviatt Gilman LLP Plaintiff's Attorney 500 Bausch & Lomb Place Rochester, New York 14604 Tel.: 855-227-5072 64787

LEGAL NOTICES

NOTICE OF FORMATION
 of Ivanka Catering LLC Articles of Org. filed with the Secy. of State of New York (SSNY) on 03/26/2019. Office location: New York County. SSNY is designated as agent of LLC upon whom Process against it may be served. SSNY shall mail process to the LLC c/o 200 7th Ave., New York, NY 10011. Purpose: Any lawful activity.

NOTICE OF FORMATION
 of Carem Group LLC Articles of Org. filed with the Secy. of State of New York (SSNY) on 05/15/2019. Office location: New York County. SSNY is designated as agent of LLC upon whom Process against it may be served. SSNY shall mail process to the LLC c/o 417 Prospect Pl., Brooklyn, NY 11238 Purpose: Any lawful activity.

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LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS PHH
Mortgage Corporation, Plaintiff
AGAINST Benjamin E. Barton
a/k/a Benjamin Barton; Lystra
Barton; et al., Defendant(s)
Pursuant to a Judgment of
Foreclosure and Sale duly dated
June 26, 2019 I, the undersigned
Referee will sell at public auction
at the Queens County Supreme
Courthouse, Courtroom #25, 88-11
Sutphin Boulevard, Jamaica, New
York on October 4, 2019 at 10:00AM,
premises known as 100-15 194th
Street, Hollis, NY 11423. All that
certain plot piece or parcel of land,
with the buildings and improvements
erected, situate, lying and being in
the Borough and County of Queens,
City and State of NY,
Block 10861 Lot 22.
Approximate amount of judgment
\$373,337.52 plus interest and costs.
Premises will be sold subject to
provisions of filed Judgment
Index# 708762/2016.
William J Fay, Referee
Shapiro, DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile Crossing Boulevard
Rochester, New York 14624
(877) 430-4792
Dated: July 25, 2019
64783

LEGAL NOTICES

NOTICE OF SALE

Supreme Court
County Of Queens
Wells Fargo Bank, N.A.,
Plaintiff AGAINST
James Thomas, Jr., Derek J.
Thomas a/k/a Derrick J. Thomas,
et al, Defendant Pursuant to a
Judgment of Foreclosure and
Sale duly dated 5/6/2019 and
entered on 5/21/2017, I, the
undersigned Referee, will sell
at public auction at the Queens
County Courthouse, 88-11
Sutphin Blvd., Courtroom 25,
Jamaica, NY on September
27, 2019 at 10:00 AM premises
known as 99-13 201st Street,
Hollis, NY 11423. All that
certain plot piece or parcel of
land, with the buildings and
improvements erected, situate,
lying and being in the County of
Queens, City and State of New
York, BLOCK: 10848, LOT: 33.
Approximate amount of judgment
is \$370,287.52 plus interests
and costs. Premises will be sold
subject to provisions of filed
Judgment Index # 0012401/2012.
Soma Syed, Referee
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ACROSS

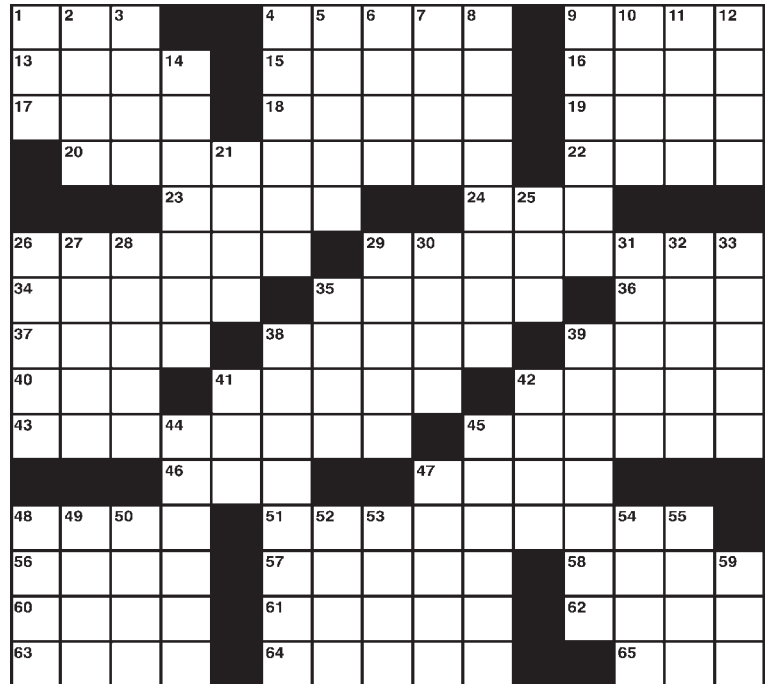
1 Former Florida governor Bush
4 "Pirates ___ Caribbean"
9 Reach a high point
13 Symbols for kisses
15 Characteristic
16 TV's "The Amazing ___"
17 Old phone feature
18 Teeming crowd
19 Kiln kin
20 1/3 of a pregnancy term
22 Prescriptions, for short
23 Comedian Sahl
24 Siesta
26 Vises
29 Failing to mention
34 Disneyland attractions
35 Virginia or Georgia
36 Arabian or Yellow
37 Passionate
38 Funny & clever
39 Armed conflicts
40 22nd letter
41 Hemorrhoids
42 Depart
43 Teacher
45 Go to ___; have a break-

down
46 ___ Wednesday; start of Lent
47 Chef
48 Waterbird
51 Unscrupulous
56 Dry streambed
57 Revolving engine part
58 Metal fastener
60 As slippery ___ eel
61 Cognizant
62 Thickheaded
63 No longer wild
64 Bet
65 French article

DOWN

1 Buddy Ebsen's hillbilly role
2 Way out
3 Forest animal
4 "Do unto ___"
5 Winter roof coating
6 Pastry
7 Animal pelt
8 Endless time
9 On the dot
10 Roof overhang
11 ___ a test; passed easily

12 Griffey Sr. & Griffey Jr.
14 ___ down; lost weight
21 Cleaning tools
25 Broke bread
26 Thirst for
27 Short-___; brief
28 Avignon farewell
29 Furry swimmer
30 Floor pads
31 Soul singer Hayes
32 Chutzpah
33 Helium & hydrogen
35 Farm building
38 Drop out
39 Saturday & Sunday
41 Faux ___; social blunder
42 Roaring beast
44 Pooch
45 More destitute
47 Task
48 Slap
49 "Fuzzy Wuzzy ___ bear..."
50 Actor West
52 Dubuque's state
53 Male animal
54 First king of Israel
55 Magazine title
59 Scale divisions: abbr.



BY TCA

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Attack
Bicycle
Bohemian
Four-Octave
Freddie

Heart
Jazz
Killer
Mercury
Mr. Bad Guy

Opera
Queen
Rhapsody
Rock
Sheer

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